

# School for Housewives

by Marion Harland

## Making Bread and Rolls.



Placing Loaf in Pan

SOME of the rest of you may be familiar with a doggerel rhyme I heard years ago, which ran something like this:

"Who has not eaten home-made bread,  
That heavy mixture of putty and lead,  
I don't know who was the author, or  
If the couplet stands alone or is part  
Of a set of verses, but the quotation has  
risen to my lips many a time when I  
have sat down to a table where the  
so-called staff of life might have been  
compounded to suit the description of  
the verse.

Today it is in part because there  
are so many families where good home-  
made bread is unknown that the baker  
flourishes in the land. I do not believe  
I ever heard of a baker who failed in  
business.

Whether it is in town where one can  
send around almost any corner secure  
of buying a loaf of bread, or in the  
country where the tours of the baker's  
cart are as regular as the jaunts of the  
butcher's or the greengrocer's wagon,  
everywhere that it is possible to buy it,  
the people are subsisting on baker's  
bread.

As a matter of course, there are re-  
mote sections of the country where the  
baker does not penetrate, and one must  
needs make bread.

had almost said they were fortune-  
nate, and then the recollection of some  
of that home-made bread came to me,  
and I hesitate and wonder if, perhaps,  
it would not be wiser to qualify my  
statement.

### Question of Health.

It is a question in my mind as to the  
comparative healthfulness of the heavy  
house-made product, and the ugly, saw-  
dusty, chemically raised bread supplied  
by many bakers.

In the long run, when the effect of  
either upon the digestion is reckoned  
up, I do not believe there would be  
much to choose between them in point  
of wholesomeness.

Never have I been able to understand  
the terrors that to some housekeepers'  
minds seem to hover around breadmak-  
ing. A woman would not hesitate to  
make a batch of pies, a series of elab-  
orate desserts or rich cakes, or to give  
orders to her cook to prepare them.

In the same households where you  
never see a good bread roll or a slice  
of home-made bread you will be re-  
saled with a variety of hot muffins,  
griddle cakes, biscuits, and the like,  
made as a matter of course.

Why is it that bread alone is some-  
thing the average mistress of servants  
dares not ask her cook to make, and  
that the housemother who cheerfully  
undertakes more troublesome tasks of  
often shrinks from the work herself?

In the old days home-made bread was  
taken for granted, and yet those were  
the times when the yeast cake was un-  
known and the woman who made her  
own bread had to make the yeast for  
it as well.

Did she dread the task in those days,  
and if not, when did the fear of it  
come upon us? Why should not every  
household make its own bread and make  
it well?

The baker may be an excellent re-

source in an emergency, but he should  
not be the regular dependence of a  
family, least of all when there are chil-  
dren who need the home-making ele-  
ments which are so conspicuously ab-  
sent from most bakers' bread.  
We have before this spoken on this  
page of the bread-making machine and  
some of the constituency have reported  
their success with it.  
To the possessor of one of these uten-

ments bread-making has ceased to have  
drawbacks, and I wish with all my  
heart it were possible to put one into  
every household in the land.

Even without these, however, it is  
possible to make good bread with so  
little labor that inexperienced house-  
keepers who have shrunk from the ef-  
fort with terror would stand amazed  
at its simplicity.

It may seem out of place, when  
writing for the housekeeper of today,  
to give a recipe for bread.  
But even the oldest cooks are usually  
glad of suggestions, and in any as-  
semblage of housekeepers there are sure  
to be some who are seeking for a  
newer or simpler way to do the old  
things.

**White Bread.**

Melt a tablespoonful of butter in a  
pint of boiling water, and before you  
take it from the fire pour in a pint of  
milk.

When the mixture is lukewarm stir  
into it a half cupful of warm water in  
which has been dissolved a yeast cake.  
Have ready two quarts of flour which  
has been sifted, with a tablespoonful  
of salt. In this flour make a hole and  
pour in the milk, water, and yeast mix-  
ture, stirring it in with a wooden spoon.

These proportions should make a soft  
dough. Work it with the hands for  
ten minutes, kneading hard.  
Put the dough into your floured bread  
bowl, cover it, and set it to rise. When  
the dough has reached twice its origi-  
nal bulk, work it with the hands for  
five minutes and form it into loaves.

Each loaf should be of a size which  
will about half fill the pan in which it  
is to be baked. Cover the loaves. Let  
them rise until half as large again as

they were when they went in and bake  
them in a steady oven.  
After they have been in for about ten  
minutes lay brown paper on top of the  
loaves that the crust may not form too  
quickly.

If they are not brown enough when  
nearly done, uncover them, and leave  
them thus for ten minutes, or until the  
desired shade of brown is attained.

**Bread Rolls.**  
When kneading the bread a second  
time, before making it into loaves, take  
out as much bread as would suffice for

one loaf. Into this work a couple of  
tablespoonfuls of butter, and after  
kneading the dough for about ten min-  
utes, form it into rolls and set them  
to rise in the pan.

When they have puffed up to nearly  
twice their first size, push them down  
and let them rise again.  
Repeat this process once more, and  
when the puffy stage is reached for

the third time put the rolls in the oven.  
Bake for half to three-quarters of an  
hour.

**Whole Wheat Bread.**

Melt a tablespoonful of butter and  
one of lard in a cup of boiling water,  
and add to this a cup of milk. Dissolve  
a yeast cake in a half cup of lukewarm  
water.

Put all together and add flour in the  
proportion of one cup of white to three  
of the whole wheat.

Make into a soft dough, knead this  
for ten minutes, let it rise to twice its  
first bulk, and make it into rather  
small loaves. It should rise for an hour  
longer before baking.

**Whole Wheat Bread Without Yeast.**

Into one quart of sour milk stir a tea-  
spoonful of soda dissolved in a little hot  
water, and one-third of a cup of mol-  
asses. Beat all together well. Add to  
them enough whole wheat flour to make  
a dough as stiff as can be stirred and  
set this aside to rise for two or three  
hours, until it has risen to double its  
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Make it into loaves, put in the oven  
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I can answer for the lightness, sweet-



The Ingredients Should be Mixed Carefully

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Covered Can in Which to Set Bread to Rise

An Invaluable Aid to the Making of Good Bread.

ness and general excellence of this

**Boston Brown Bread.**

Mix well two cups, each, of cornmeal  
and rye meal. Add a teaspoonful of bak-  
ing soda dissolved in two tablespoonfuls  
of boiling water to three cups of sour  
milk.

Put with this a cupful of molasses  
and pour the mixture on the meal, to  
which should have been added a tea-  
spoonful of salt.

Beat hard. Pour into a well-greased  
brown-bread mold, with a tightly fit-  
ting top and set in a pot of boiling wa-  
ter. Keep this at a steady boil for from  
four to five hours and then take the  
bread from the mold and set it in the  
oven for fifteen minutes, to dry the  
bread around the edges and brown the  
surface a little.

Some cooks add to this amount of  
dough a half cup of seeded raisins  
dressed lightly with flour and stirred in  
just before the bread is put into the  
mold.

**French Rolls.**

Add a cupful of shortening (butter  
and lard), a teaspoonful of salt and a  
half cake of yeast dissolved in a half  
cup of warm water to three cupfuls of  
sweet milk.

Into these stir flour enough to make  
a stiff dough and let it rise over night.  
Add in the morning two eggs, well  
beaten, and let the dough rise once  
more, doubling its size.

With the hands form the dough into  
balls about the size of an egg, arrange  
these in buttered pans, cover, let them  
rise once more, and bake in a rather  
quick oven.

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## THE HOUSEMOTHERS' EXCHANGE

**CONTRIBUTOR** to whom we  
are indebted for other good of-  
fers sends in a batch of what  
she calls "Household Hints."

Each is timely and practical.

**No. 1.**  
In cooking potatoes it is useful to  
recollect that, after the water has been  
strained off, the pot should have three  
or four sharp jerks, to toss the pota-  
toes up and down and backward and  
forward.

This has the effect of making them  
white and mealy.

**No. 2.**  
Tea leaves are invaluable as a means  
of cleaning varnished paint. When  
enough have been laid aside for the  
work, they should be put into a basin  
of water and left to steep for half an  
hour.

The strained tea is used instead of  
water to clean varnished surfaces. The  
tannic acid left in tea leaves, after all  
that is wholesome in them has been ex-  
tracted, acts quickly upon grime and  
grease.

**No. 3.**  
Put a few drops of ammonia into the  
water in which you mean to wash flow-  
er vases, especially if they are of the  
long-necked, spindling kind.  
It is impossible to get your hand down  
to the bottom. After rinsing all the dirt  
the ammonia will bring up, put in

chopped potato parings, as you would  
the parings in a batch of what  
they will loosen the dirt effectually.  
Next day rinse with more ammonia  
water.

It is untidy to leave the sediment in  
the vase, and it will tend to rot the  
stems of the next flowers placed in it.  
A thing of which few housewives think.

**No. 4.**  
Stains upon a porcelain bath tub, a  
washstand, or a sink are caused by  
scrubbing the surface while it is new.  
New porcelain is as smooth as win-  
dow glass. If rubbed with sand soaps,  
the surface becomes like coarse glass,  
from which no cleansing agent can take  
the stain. Porcelain should be cleaned  
with household ammonia from the first.

**No. 5.**  
Glasses that have held milk should  
never be washed in warm water while  
traces of the milk still cling to the in-  
side.

If the glass be first rinsed in cold  
water it may then be safely washed in  
hot. If dipped in hot as soon as they  
are emptied, the milk is coagulated and  
clouds the glass. V. A. C. (Chicago).

**Moth Protective.**  
I noticed in the Exchange a while ago  
that some one asked for a moth pre-  
ventive.  
A few years ago I was tormented out

of my wits by moths. I find that by  
putting away flannels and woollens in  
flour paper sacks and using insect pow-  
der under the edges of carpets I have  
done away with them.

The difficulty of doing this, and the  
necessity to keep them away, for  
they return each year and deposit their  
eggs. I have used the paper sacks for  
years for this purpose, and have no  
trouble with them.

I mark each sack with name of con-  
tents. Thus, any member of the family  
can find his or her own *Saxonia*. The  
bags are hung in the attic.

MRS. H. L. M. (Dawson, Mich.).

If the dust be entirely beaten out of  
the woollens before they are packed  
away in your bags there would be no  
danger of moths.

The difficulty of doing this, and the  
possibility that moth eggs are in the  
dust make imperative the need of some  
pungent preservative, so called.

Moths detest cedar oil, camphor, to-  
bacco, and printer's ink.  
"We" beat and sun woollens and furs,  
pin them up in newspapers, and then  
in unbleached muslin; lastly, pack them  
away in closed boxes and drawers and

never find a moth in articles thus pro-  
tected.

**Taking Out Wine Stains.**  
Can you tell me what will take out  
cherry wine stains from a very light,  
tan-colored landsdowne dress without  
taking the ground color or leaving a  
ring outside of the spot?

Also, what will remove a cherry stain  
from a brown Panama skirt?  
L. O. (Buffalo, N. Y.).

I should try a mixture of equal parts  
alcohol and chloroform upon both  
garments.

To avoid the ring, put several thick-  
nesses of blotting paper under the stuff  
while sponging it.

**"Martha's" Recipe.**  
A friend was telling me the other day  
that she prefers lamb's liver to calf's,  
and she was certain she has read some-  
thing in a story of yours, "the distractions"  
of somebody or other, of some  
way of cooking lamb's liver and making  
it taste like anything but a cheap dish.

Will you tell us what it was? My  
friend says it did not give the recipe  
in the story.  
E. A. G. (Pittsburg, Pa.).

Your friend had evidently dipped into  
"The Distractions of Martha."

The heroine had many and sore trials  
in her housewifely career. She had con-  
quered most of them when she meditated  
for a family dinner a casserole of  
lamb's liver.

I have the vanity to believe that the  
dish was of my own invention, although  
it was a young housewife, who several  
years ago recommended lamb's liver to  
me as more tender and far more  
economical than that of the calf.

Up to then, I had never tasted it.  
Since our initial trial of it, we never  
buy calf's liver if we can get lamb's.  
Here is the recipe of which "Martha"  
spoke:

**Casserole of Lamb's Liver.**  
Lay the whole liver in cold water,  
slightly salted, for half an hour to draw  
out the blood and make it firm.  
Rinse it then, in cold fresh water and  
wipe dry. Fry six slices of fat salt  
pork in a pan until crisp.  
Take them from the fat and put into  
this six slices of young onion. Strain  
the onion when it is fried, and add  
a lump of butter as large as an egg  
to the fat left in the pan.  
When it is hissing hot lay in the liver  
and brown slightly on both sides. Have  
the casserole ready heated; turn the  
contents of the pan into it; add two

## FAMILY MEALS FOR A WEEK

**Sunday.**  
**BREAKFAST.**  
Fruit, cereal, savory kidneys, black-  
berry shortcake, tea, coffee.

**LUNCHEON.**  
Fresh salmon in apple jelly, lettuce  
and French dressing, thin graham bread  
and butter, sliced peaches, tea.

**DINNER.**  
Macaroni soup, fricasseed chicken,  
sweet potato puff, creamed spinach,  
boiled rice, cream peach pie, coffee.

**Monday.**  
**BREAKFAST.**  
Fruit, cereal, scrambled eggs, rice  
muffins, tea, coffee.

**LUNCHEON.**  
Minced chicken (left-over), spinach,  
souffle (left-over), baked toast, crack-  
ers, cheese, tea.

**DINNER.**  
Giblet soup (from fricasseed chicken),  
Irish stew, lima beans, mashed pota-  
toes, baked pears with cream, coffee.

**Tuesday.**  
**BREAKFAST.**  
Fruit, cereal, mince (left-over), potato  
cakes, quick biscuit, tea, coffee.

**LUNCHEON.**  
Cheese fondue, baked potatoes, toasted  
crumpets, lettuce, crackers and cheese,  
tea.

**DINNER.**  
Lima bean soup, roast lamb, boiled  
corn, scalloped squash, hominy pudding,  
apple souffie, coffee.

**Wednesday.**  
**BREAKFAST.**  
Fruit, cereal, bacon, with cream  
sauce; hot rolls, tea, coffee.

**LUNCHEON.**  
Cold lamb, sliced; tomato and cucum-  
ber salad, nut sandwiches, blackberries  
and cream, tea.

**DINNER.**  
Julienne soup, fricasseed calf's tongue,  
breaded egg-plant, potato puff, sliced  
beets, peach fritters, coffee.

**Thursday.**  
**BREAKFAST.**  
Fruit, boiled oatmeal, cold and mold-  
ed; calf's tongue, minced; salty lun-  
tea, coffee.

**LUNCHEON.**  
Curry lamb (left-over) boiled rice,  
toast, sliced bananas and cream, tea.

**DINNER.**  
Lamb broth (made from trimmings),

braised broast of veal, browned pota-  
toes, baked tomatoes, creamed onions,  
baked apple dumplings, coffee.

**Friday.**  
**BREAKFAST.**  
Fruit, cereal, pan fish, hashed potatoes,  
toast, tea, coffee.

**LUNCHEON.**  
Hamburg steak, baked sweet potatoes,  
rye biscuit, stewed apples, tea.

**DINNER.**  
Onion soup, baked bluefish, potato  
loaves, sliced cucumbers, string beans,  
watercress, coffee.

**Saturday.**  
**BREAKFAST.**  
Cracked wheat and sliced bananas,  
with cream; bacon, fried mush, biscuit,  
tea, coffee.

**LUNCHEON.**  
Fish on grill (left over), string bean  
salad (left-over), whole wheat muffins,  
jam, tea.

**DINNER.**  
Vegetable soup, crown of lamb, filled  
with potato balls; cabbage, creamed  
squash, peach patty pudding, coffee.

## This Glaze is Wholesome Protection

There is a glaze of fresh eggs  
and pure granulated sugar on  
Arbuckles' Ariosa Coffee that  
does not improve its appearance,  
but keeps its aroma and flavor  
intact, and protects it from con-  
taminating odors and the dust  
of the store.

Arbuckles' Ariosa Coffee complies with  
all the requirements of the National Pure  
Food Laws—Official Guarantee No. 2041  
filed at Washington—and is pure Coffee  
blended for economy, flavor and health.

No similar coffee is sold loose by the pound,  
or under any other name, or by any other  
persons or firms.

You have our word for it, that  
no one can duplicate it or sell  
any coffee as good for anything  
near the same price.

Arbuckles' Ariosa Coffee, New York City